



MIAMI-DADE COUNTY FIRE RESCUE

www.miamidade.gov/MDFR



2016 JUNIOR LIFEGUARD PROGRAM

✧ CRANDON BEACH // HAULOVER BEACH ✧



- ❖ **PURPOSE OF PROGRAM:** This program is for youths interested in learning the responsibilities of Ocean Lifeguards. We will provide the young men and women of our community a sound aquatic background and acquaint them with the hazards of ocean swimming. Students will be exposed to an environment that will teach them courtesy, respect, discipline, sound morals and good sportsmanship.
- ❖ **HOW TO ENROLL:** Parents must complete the registration form and waiver provided at the tryouts or located at Lifeguard Headquarters.
- ❖ **REGISTRATION AND TRYOUTS:** Located at:

<u>CRANDON PARK LIFEGUARD HEADQUARTERS</u>	or	<u>HAULOVER PARK LIFEGUARD HEADQUARTERS</u>
7200 Crandon Boulevard		13731 Collins Avenue
Key Biscayne		North Miami Beach

1st Session:	Haulover / Saturday, June 4 th 2016	}	At 10AM
1st Session:	Crandon / Sunday, June 5 th 2016		Proof of age (Birth Certificate) must be presented at tryouts
2nd Session:	Haulover / Saturday, July 9 th 2016	}	At 10AM
2nd Session:	Crandon / Sunday, July 10 th 2016		Proof of age (Birth Certificate) must be presented at tryouts
- ❖ **REGISTRATION:** Registration will take place the day of the tryouts. Packets may be picked up early. A competitive performance test is required.
- ❖ **REQUIREMENTS:** Applicants must possess a basic swimming ability to be able to pass the following prerequisite exams.
 - Swim at least 100 yards with a steady stroke without stopping under 2 minutes.
 - Swim 30 feet underwater without stopping.
 - Tread water for 3 minute.
- ❖ **PROGRAM CONTENT:** Ocean and beach safety, lifesaving techniques and procedures, first aid, CPR, development of swimming and basic water safety skills. There will be a daily get in shape program including: running, swimming, paddling, push-ups and pull-ups, volleyball, miscellaneous beach games and activities, snorkeling and ecology with environmental studies. T-shirt, sunscreen included. A graduation, awards ceremony and a tournament will conclude each session.
- ❖ **PROGRAM SCHEDULE:**

<u>CRANDON PARK BEACH</u>	<u>HAULOVER PARK BEACH</u>
MONDAY and WEDNESDAY	TUESDAY and THURSDAY
JUNE 13 th ----- JULY 6 th	JUNE 14 th ----- JULY 7 th
JULY 18 th ----- AUGUST 10 th	JULY 19 th ----- AUGUST 11 th
DAY SESSION: 9AM – 5PM (AGES 9-17)	DAY SESSION: 9AM – 5PM (AGES 9-17)
- ❖ **PROGRAM FEE:** \$125.00 per child: } **Checks made payable to:**
Miami-Dade Fire Rescue // Memo: MDFR / Jr. Lifeguard Program
- ❖ **INFORMATION:**

MDFR - Ocean Rescue Lifeguard Headquarters Crandon Park Beach 7200 Crandon Boulevard Key Biscayne, FL 33149 (786) 336-6980	MDFR - Ocean Rescue Lifeguard Headquarters Haulover Park Beach 13731 Collins Avenue Miami Beach, FL 33154 (786) 336-6990
---	---

NOTE: Due to the popularity of this program, there will be an enrollment limit of (30) students based on a performance test, per beach, per session.